

3 - 2 - 1 FITNESS CALENDAR

Beginner Example

3 - 2 - 1 FITNESS CALENDAR							
Beginner Example							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	OFF	CFN	DFN	OFF	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	OFF	CFN	DFN	OFF	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	OFF	CFN	DFN	OFF	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	OFF	CFN	DFN	OFF	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	OFF	CFN	DFN	OFF	

3 - 2 - 1 FITNESS CALENDAR

Intermediate Example

[illegible]

3 - 2 - 1 FITNESS CALENDAR

Advanced Example

3 - 2 - 1 FITNESS CALENDAR							
Advanced Example							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	CFN	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	CFN	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	CFN	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	CFN	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	CFN	
EXTRA PTS	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	PTS TOTAL	
OFF	DFN	CFN	DFN	CFN	DFN	CFN	